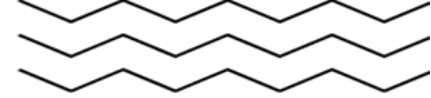


FITNESS CLASS SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6a – Functional Fitness - Scott

6a – Spinning - Heidi

8:30a - Yoga - Betsy

9:30a – Pilates - Betsy

11a- Functional Fitness- Scott

6a – Functional Fitness -
Scott

8a – Bootcamp - Peni

8:30a- Yoga - Brenda

9:45a - Weights - Peggy

11a- Functional Fitness-
Scott

12p - Spinning-Rob

4p - Kids Theatre - Cassie
(Kindergarten)

5:30p - Bootcamp - Peggy

7:00p – Zumba – Julie-

6a – Functional Fitness –
Scott

6a – Spinning – Heidi

8:30a - Yoga – Brenda

9:30a – Cardio Plus - Betsy

11a – Functional Fitness
- Scott

4p - Kids Theatre - Cassie
(Pre-K only)

5:30p - Functional Fitness -
Michael

6a – Functional Fitness -
Scott

8a – Bootcamp - Peni

8:30a- Yoga - Brenda

9:45a - Weights - Peggy

11a- Functional Fitness
-Scott

12p – Spinning - Rob

4:00p - 4:45p - Kids Theatre -
Cassie - School Age

5:30p - Bootcamp - Peggy

7:00p - Zumba – Julie

9a – Awesome Ab

9:30a – Cardio Plus

10:30-11:20a-
Grace- Leslie

1:00p- MMA- J

Punch Pass
Available

ALL Classes
included with
YMCA
membership

Introducing Mixed Martial Arts every Friday
1:00pm-2:00pm.

Yoga

Yoga connects the breath, body and mind through poses and movements designed to strengthen, lengthen and tone your physical body.

Yoga can improve your strength, balance and flexibility.

Weights

Weights gives you three-dimensional strength training in 1 hour action-packed session. A stronger core improves athletic performance, enhances movement health, and helps prevent back pain. Coaching and motivating music will push you through integrated exercises that use your body weight, weight plates, squats, lunges, presses, a towel, and a platform. The program strengthens everything from your shoulders to your hips, including the back, glutes, and abdominals, and uses a circuit-training approach.

Functional Fitness

Functional fitness is a type of exercise that mimics the movements we make in everyday life, such as lifting, pushing, twisting, and reaching. The goal is to train the body to handle the demands of daily life by improving strength, flexibility, and mobility.

A functional workout focuses on moving groups of muscles at a time with more than one type of joint as part of that movement.

BootCamp

Boot camp workouts are intense, fast-paced, and comprehensive workouts that target all major muscle groups.

They combine cardio, strength training, and speed exercises, and often include calisthenics, running, jumps, and other high-intensity aerobic movements.

Awesome Abs

These exercises only require your bodyweight maybe a mat, and can get challenging quickly. These exercises require a strong core and include squats, deadlifts, snatches, cleans, and overhead presses.

Cardio Plus

Cardio exercise, also known as aerobic exercise, is any rhythmic activity that increases your heart rate, breathing, and improves your blood flow.

It can help you burn calories and fat, and it's important for your heart health.

Zumba

Zumba is designed to move your body and fuel your spirit with popular and on-trend music and moves. No experience is needed for Zumba.

Spinning

A spin workout, also known as indoor cycling, is a group exercise that involves riding a stationary bike to music while an instructor guides you through different speeds and resistance levels. The goal is to improve your strength, speed, and endurance, and the class can be an intense cardio workout that burns hundreds of calories in a single session.

Pilates

Pilates is a type of exercise that involves precise movements, controlled breathing, and muscle engagement to strengthen and tone muscles.

Pilates exercises are inspired by yoga, ballet, and calisthenics, and can be done on a mat or with equipment like a reformer.

Ageless Grace

Ageless Grace® is a highly effective brain fitness program that keeps participants moving and thinking through the power of play. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind.

MMA

MMA, or Mixed Martial Arts, is a combat sport that combines various martial arts techniques, including striking, grappling, and wrestling. It's a full-contact sport where fighters use techniques from disciplines like boxing, Muay Thai, Brazilian Jiu-Jitsu, and wrestling. MMA training focuses on developing a well-rounded skill set, including both physical and mental resilience.